

MARCH 2017

DELIVERED MONTHLY TO 3,350 HOUSEHOLDS

MARLBOROUGH PARK

ON PARADE

THE OFFICIAL MARLBOROUGH PARK COMMUNITY NEWSLETTER



LADIES' NIGHT OUT

MARCH 10, 2017
MARLBOROUGH PARK CENTER
6021 MADIGAN DR NE

DROP-IN DARTS

\$4.00
EVERY THURSDAY AT THE LOUNGE
19:00 TO 22:00

BECOME A BETTER COMMUNICATOR AND LEADER

VIBRANT SPEAKER'S TOASTMASTER CLUB MEETS
EVERY MONDAY 19:00 21:00
(EXCEPT LONG WEEKEND)

NEXT BOARD MEETING

MARCH 8, 2017 AT 19:00

www.marlpark.ca



September 8 – 10, 2017
3 Unbelievable Days • 100 KM
From K-Country to Calgary

Each day 15 Canadians get the devastating news that their kidneys have failed.
Join us in a movement that is changing the face of kidney disease.

Come to our Expo April 23
kidneymarch.ca
1.866.956.2724

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MARLBOROUGH PARK COMMUNITY ASSOCIATION

6021 Madigan Dr. NE • Calgary AB | T2A 5G9
 Phone: 403.248.1775
www.marlpark.ca • marlpark@shaw.ca

Delivered monthly to 3,350 households and businesses!

Editorial Submissions

mdeshaies@shaw.ca
 All editorial content must be submitted by the 12th of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca
 All advertisements must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing

Serving Calgary communities for 28 years
 91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
 Calgary, AB
 T2C 2K2

Check out our website:
www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Marlborough Park Community Association and Great News Publishing.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Marlborough Park Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

| ALL EMERGENCY CALLS | 911 |
|---|----------------|
| Alberta Adolescent Recovery Centre | 403-253-5250 |
| Alberta Health Care | 403-310-0000 |
| AHS Addictions Hotline | 1-866-332-2322 |
| ATCO Gas – 24 Hour Emergency | 403-245-7222 |
| Calgary HEALTH LINK 24/7 | 811 |
| Calgary Police – Non Emergency | 403-266-1234 |
| Calgary Women's Emergency Shelter | 403-234-7233 |
| Child Abuse Hotline | 1-800-387-5437 |
| Kids Help Line | 1-800-668-6868 |
| Child Safe Canada | 403-202-5900 |
| Distress/Crisis Line | 403-266-4357 |
| ENMAX – Power Trouble | 403-514-6100 |
| Poison Centre - Alberta | 1-800-332-1414 |
| HOSPITALS / URGENT CARE | |
| Alberta Children's Hospital | 403-955-7211 |
| Foothills Hospital | 403-944-1110 |
| Peter Lougheed Centre | 403-943-4555 |
| Rockyview General Hospital | 403-943-3000 |
| Sheldon M. Chumir Health Centre | 403-955-6200 |
| South Calgary Urgent Care Health Centre | 403-943-9300 |
| South Health Campus | 403-956-1111 |
| OTHER | |
| Calgary Humane Society | 403-205-4455 |
| Calgary Parking Authority | 403-537-7000 |
| SeniorConnect | 403-266-6200 |
| Calgary Kerby Elder Abuse Line | 403-705-3250 |
| Alberta One-Call Corporation | 1-800-242-3447 |
| City of Calgary | 311 |
| Social Service Info & Referral | 211 |
| Community Mediation Calgary Society | 403-269-2707 |
| RNR Lockworks Ltd. | 403-479-6161 |
| Road Conditions – Calgary | 511 |
| Weather Information | |
| Gamblers Anonymous | 403-237-0654 |

MPCA COMMUNITY NEWS

President's Message

As I started to write this month's President Message it was minus 29 outside today, a couple of days later its plus 7. What crazy weather we are having.

There will be a **Ladies Night Out** on Friday March 10, 2017, this evening is for all the ladies. So, ladies come out and enjoy some unique shopping focused on women.

Sunday June 4th is **Community Clean up** always looking for volunteers to help us.

Just to make everyone aware, 17th Ave SE will be under construction for the next little while, the stores and shops will still be open. Traffic in the area might be a bit of a challenge.

This being the month for the Irish, I will leave you with an Irish Blessing;



SAFETY SYNC

ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)

safetysync.com
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

I would like to share with everyone a poem that was written by Jennifer Canu-Budd, enabling us to participate with Federation of Communities and Enmax Energizing Spaces Fund.

As a board, we hold our community near and dear,
 We are proud to say we celebrated our 40th year.
 With a hall that so many people call home,
 And have parties that rival those at the Saddledome.

There's always a challenge that comes with age,
 It seems like things like to break with rage.
 From roof to sewers, to hvac and floor,
 Every time we turn, we seem to find more.

And then there's the day where the fridges don't work,
 We worry our renters will not respond with a smirk.
 For those fridges are used every day of the week,
 Without them, our world was seeming quite bleak.

When it seemed like we wouldn't afford the cost,
 And it appeared we'd have to cope without frost.
 We find a group that brings nothing but hope,
 They might just have a way for us to cope.

With almost 20 years of caring service,
 Enmax is there to care and unnerve us.
 They came to the rescue without a thought,
 But do they understand that they helped us a lot?

Our community now can continue to flourish,
 At parties and events, we can continue to nourish.
 To Enmax, with all our hearts, we give you our thanks,
 In our book, you are on top of all the ranks.

Thank you, Jennifer Canu-Budd for the poem and Leiana Hazard for submitting all the paper work.
 Marlene Frederick, President

Carol Warawa, C.C.S., SRES
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Marlborough Park Community Association

6021 Madigan Drive NE • Phone: 403-248-1775 • Fax: 403-273-9194

EXECUTIVE BOARD

| | | |
|--------------------|--------------------|--------------|
| President | Marlene Frederick | 403-569-9573 |
| 1st Vice President | John Jirikowic | |
| 2nd Vice President | Bill Jones | 403-850-1670 |
| Secretary | Jennifer Canu-Budd | 403-475-3855 |
| Treasurer | Leiana Hazard | 403-248-8406 |
| Past President | John Canu | |

DIRECTORS WITH PORTFOLIO

| | | |
|----------------|--------------------|--------------|
| Bingo | Denyse Chabot | 403-248-5931 |
| Centre | Bill Jones | 403-850-1670 |
| Communications | Mario Deshaies | 403-204-1130 |
| Lounge | Kathy Canu | |
| Membership | Nina Decaire | 403-248-8610 |
| Preschool | Jennifer Canu-Budd | 403-475-3855 |
| Program | Denyse Chabot | 403-248-5931 |
| Social | Tracey Fredrick | 403-569-9573 |
| Volunteers | Denyse Chabot | 403-248-5931 |

Assistant Directors

Mary Ryan | Mitch Jones

| | | |
|--------------------------------|--|--------------|
| Community Centre Administrator | | 403-248-1775 |
|--------------------------------|--|--------------|

LIAISONS

| | | |
|------------------------|--------------------|---|
| Guides | Meredith Barclay | 403-874-7297 |
| Friday Crib | Virginia Savage | 403-366-3042 |
| Loma Seniors | Ilene Miller | 403-450-9827 |
| Preschool Regist | 403-235-2996 | 403-248-1775 |
| Scouting | Main office | 403-283-4993 |
| Police Services Dist 4 | Cst. Chris Langham | 403-428-6400 Email: pol4413@calgarypolice.ca |



Board Meetings

Marlborough Park Community Association Board Meetings are held in the community board room the second Wednesday of the month at 7pm. Everyone is welcome. The next Marlborough Park Community Association Board Meeting is on March 8 at 7:00pm.

Editorial Content Deadline

12th
of each month for the next month's issue

m.deshaies@shaw.ca

MPCA COMMUNITY NEWS



Seniors' Sentiments

The City of Calgary promotes the Snow Angel program, which encourages "Neighbors helping Neighbors." If you have a neighbour that is unable to shovel their sidewalk, be a good neighbour and do it for them. It also keeps the bylaw officers away.

There are several seniors and those with disabilities who need help, which is why there is a program in place. For this program to thrive, we need HELP! We as a Community encourage you to get involved, what better way, than to help a neighbour clear the sidewalk.

Block Watch

All meetings are in the lounge at the hall. If you notice suspicious activity in your area please call the police non-emergency line 403-266-1234. If you see a crime in progress please call 911 immediately.

If you have any questions contact Mary Ryan at 403-974-3204. Thank you for your support of our community!

Marlborough Park Block Watch Next meeting Mar. 8, 18:45

Block Watch January stats

- Break and Enter – residence; 1
- Break and Enter – commercial; 0
- Break and Enter – shed/detached garage; 6
- Theft – general property; 1
- Theft of Vehicle (includes recovery) – 7
- Theft from vehicles – 7
- Vandalism & mischief; 2



It's a sure thing!

Sign up to receive **FREE Prenatal Vitamins** and ongoing support.

Talk to our Pharmacy team for more information.

Brought to you by **Sobeys Pharmacy**



One of the biggest challenges of mental illness is feeling alone.

With SupportWorks, it doesn't have to be.

We host weekly drop-in peer support meetings throughout Calgary to help people living with:

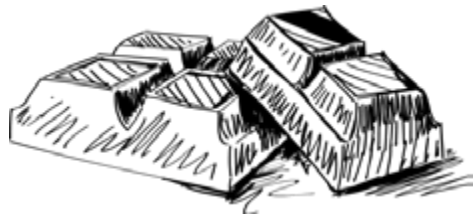
- Depression
- Anxiety
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Bipolar Disorder

For more information on meeting times and locations, visit SupportWorks.ca

FEMME FATALE IS NOW CALLED

Ladies Night Out

Join us at the Marlborough Park Community Association for our 6th Annual Ladies Fair. This year the theme will be **Death By Chocolate!**



Located at 6021 Madigan Drive N.E.

Friday, March 10th

5pm to 10pm

This is a truly unique shopping experience that combines a variety of lady focused vendors with a girls-night-out atmosphere!

\$4.00 admission gives you access to 30+ vendors,

a free snack, cash bar, music, prizes and more!

MPCA COMMUNITY EVENTS

LOMA Whist Club

Loma Whist club meets every Wed at 1:00 pm year round. \$3.00 each, no partner required, no membership dues for the Whist Club. Community membership appreciated.

Two or three meals per year on the club. All welcome. For more information please call the hall at 403-248-1775 or Ilene at 403-450-9827.

If you are interested please call Marlborough Park Community Centre at 403-248-1775 for more information or drop in at 6021 Madigan Drive NE.

Toastmasters Vibrant Speakers

Become a better communicator and leader. Hone your speaking, listening and criticism skills in a friendly atmosphere. *Vibrant Speakers* Toastmaster Club meets every Mondays (except long weekends) at the Marlborough Park community meets every Monday 19:00 - 21:30. For more information call Mario Deshaies at 403-204-1130 email address (mariodeshaies@hotmail.com).

Drop in Crib

Join us at the hall for adult drop in crib every Monday night from 19:00 – 21:30. Everyone welcome.

Drop in Darts

Drop-in Dart \$4.00
Every Thursday at the Lounge
19:00 to 22:00

Drop In Tai Chi

Is held every Tuesday from 9:15 to 10:15 am.

Drop-in Volleyball

Wednesday evening, \$4 each

Jelly Bean Dance

April 7, 2017, 18:30- 21:30

50+ Skating at Ernie Star Arena

4808 14 Ave S.E
Tuesday-Thursday 09:00 to 11:30

Seniors Crib Club

The Friday Seniors Crib Club meets every Friday at 1pm in the Activity Room at the Marlborough Park Community Centre.

There is a good payout each week, and special prizes through the year. During the Christmas season and June each year the Club members go out to one of the local fine dining restaurant for a meal. We celebrate birthdays with a luncheon twice a year.

The Club runs from September through June, no registration fees, Community memberships appreciated. Please contact Virginia Savage at 403-366-3042.

Canadian Blood Services

June 9 from 16:00 to 20:00
You have to call 1-888-236-6283
To register: <https://blood.ca/en>



Bingo News

| | | |
|----------|------------|-----------------------------|
| MONDAY | MAR. 20/17 | EVENING 4:30PM TO 9:30PM |
| SATURDAY | APR. 1/17 | EVENING 4:30PM TO 9:30PM |

Good Food Box

Date money Due: March 13, 2017
Box arrival: Friday March 23, 2017



IN & AROUND SCHOOLS


Marlborough Park Preschool News

February has been a busy month for the preschool. The preschoolers loved going to Space Port at the International Airport on a group field trip. They learned what it is like to live in space, all about the stars and constellations.

In March we will be focusing on who is a community helper and about healthy eating. The classes will have a fun Green Day around St. Patty's Day.

We will all be enjoying a lovely break from March 24th to April 3rd as this is our spring break.

Registration for September 2017 Starts April 1st and we will be having an Open House on Wednesday April 5th from 6pm-8pm.




dance

THROUGH LIFE

Adult Dance and Fitness Studio

FITNESS CAN BE FUN!
Check out Calgary's most warm and welcoming adult dance studio **DANCE THROUGH LIFE**



ADULT CLASSES BEGINNER TO ADVANCED WORKSHOPS

Ballet · Zumba · Tap
Hip Hop and More!

Private & Corporate parties

403-921-9757
www.dancethroughlife.ca

Visit us at Evergreen
Community Spaces
1709 8th Ave NE



How to turn your passion into a business during retirement

Suzanne Smith-Demers – Consultant

Did you know that Colonel Sanders didn't create the Kentucky Fried Chicken franchise until he was 65? If you have a passion that you'd like to turn into a business during retirement here's what you need to know:

Your passion becomes your product If you're ready to turn your passion into a retirement career be aware that you may come to look at your passion differently, especially when things may not be going too well. The keys are to be honest with yourself about the potential for your business and to work equally hard at staying motivated.

Know the risks and challenges Your business idea is brilliant, but it is also risky – so protect your retirement savings by keeping your start-up costs to a minimum and avoiding heavy debt. Avoid leasing office space or hiring employees until you absolutely have to.

Test the market If your new venture includes a new or different product or service; test the market before you make any rash decisions. Start with the most basic version of your product or service and sell it economically, perhaps online through social media sites, and gauge customer feedback to decide if your business venture makes financial sense.

Keep it simple Finance your business with money you can afford to lose. If you find yourself tempted to tap into your retirement account to fund your business, take it as a warning that you're probably about to get into something you're not financially prepared for.

Creating a retirement business from your passion could end up being the most satisfying and rewarding life decision you have ever made. Make sure you have all the information before you take the first step into your new career.

IN & AROUND CALGARY

Responsible Pet Ownership in Parks

With spring right around the corner, dog owners are getting outside and enjoying the pleasant weather and spending time with their family, friends and pets. This time is more enjoyable for the entire community when dog owners understand and follow the regulations in the Responsible Pet Ownership Bylaw 23M2006. The bylaw helps to ensure that dogs are not being a nuisance in the community and dogs and citizens are safe.

Community Standards (formerly Animal & Bylaw Services) would like to remind dog owners of the following:

- When off of their owner's property, dogs must be on a leash unless in a designated off-leash area.
- When in designated off-leash areas, dog owners must ensure their dog is under control, is within their sight and responds to commands
- Dogs must be on leash in parking lots adjacent to off-leash areas
- Owners are responsible for picking up all waste produced by their dog
- Dogs are not allowed in school grounds, playgrounds, sport fields, golf courses, cemeteries, wading and swimming areas, and other areas prohibited by sign.
- Owners cannot cycle, in-line skate or skateboard on a pathway with a leashed dog
- Have and wear a City of Calgary licence when the dog is three-months-old

When we respect the bylaw we contribute to a safer and healthier community.

Thank you for being responsible dog owners and valued community partners.

For more information about the Responsible Pet Ownership Bylaw, visit calgary.ca/animalservices or contact 311.

VOLUNTEERING....
Good for the Soul

EMS – Burns and Scalds

Alberta Health Services, EMS continue to respond to emergencies each year where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stoves), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

Calgary 

Always bundle your plastic bags before recycling


Loose plastic bags cause problems at the recycling facility. They fly around, become stuck in other recyclables, jam equipment and cause costly delays.

Bundle your plastic bags into a single bag before putting in your blue cart or community recycling depot.




MX-419706

Bag your bags Properly bundle your plastic bags before recycling in your blue cart or community recycling depot. Learn more tips for preparing your recyclables at calgary.ca/recycling.

 **YES.** Bundle all stretchy plastic bags **together in one bag** and tie the handles closed. Put in your blue cart for recycling:



- Grocery bags
- Shopping bags
- Sandwich/lunch bags
- Ziploc®/freezer bags
- Bread bags
- Dry cleaner bags
- Plastic stretch wrap
- Bubble wrap

 **NO.** Do not recycle these items:



- No **single** or **loose** plastic bags.
- No crinkly bags like cereal or cracker bags.
- No food pouches

Why do plastic bags need to be bundled together? Plastic bags are sorted by workers rather than machines at the recycling facility. Bundling your plastic bags and wrap together makes it easier for the workers to separate it for recycling. It also prevents the bags from jamming equipment and contaminating the other recyclables.

2016-2624  Printed on recycled paper.

Urban Canopy



Tree Solutions Inc.

Did you know?
Winter is a great time to prune your trees.

Call for a free estimate today at
403-804-4265

Problems or diseases are easy to spot without leaves. Elm trees are only allowed to be pruned between October 1 and March 31



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.



Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.



REAL ESTATE COUNCIL OF ALBERTA



Ask Charles

I heard that if someone calls themselves a “contractor,” they don’t need to have a licence to provide property management services. Is that true?

No, that’s not true. The truth is it doesn’t matter what a person calls themselves. If they are providing property management services and they are not the owner of the property or an employee of the owner, they require a licence from the Real Estate Council of Alberta (RECA).

The *Real Estate Act*, which RECA administers, defines property management as:

1. leasing, negotiating, approving or offering to lease, negotiate or approve a lease or rental of real estate;
2. collecting or offering or attempting to collect money payable for the use of real estate;
3. holding money received in connection with a lease or rental of real estate; and
4. advertising, negotiating or any other act, directly or indirectly for the purpose of furthering the activities described in items 1-3.

Licensed property managers can find suitable tenants, deal with nuisance tenants, draft lease agreements, and regularly inspect and maintain property on behalf of a property owner. It is up to property managers and the property owners to negotiate the specific tasks the property manager will provide, but ultimately, before providing property management services, the property manager needs a licence.

Property manager licensing provides vital protection for property owners. Individuals must complete comprehensive education before becoming licensed as a property manager, they must also provide a Certified Criminal Record Check to RECA prior to receiving a licence, and there are ongoing education requirements.

If a property owner is working with a licensed property manager, they have the added protection of the Consumer Compensation Fund. The Fund compensates

consumers who suffer a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member in connection with a real estate trade, mortgage deal, or property management services.

If you work with an unlicensed property manager, and the property manager disappears and takes rental payments or damage deposits with them, your only recourse is through the courts.

As a property owner, you’re not required to hire someone to manage your rental or investment property, but if you do, take steps to protect yourself. Ensure that the company and individual you hire are licensed to provide property management services in Alberta. You can check if someone is licensed through RECA’s website at www.reca.ca.

“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta’s real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month’s publication
Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit



Membership Application Attention! Privileges

MPCA has some well known secrets to tell everyone. Can't wait? Here they are:

- we have lifetime memberships for seniors 60 years plus for ONLY \$10 and you only pay ONCE.
- show your card and you receive a discount at the following store
 - Dairy Queen -- Madigan Plaza 5% off
 - Optics Plus -- Madigan Plaza 20% off
 - Village Square Leisure Centre Monday night Community Association night 30% off
 - UPS store -- Trans Canada Mall 5% off in store services
 - Subway- Abbeydale 10% Off
 - Remedy RX Pharmacy, memorial Square, 4A, 5268 Memorial Dr N.E
10% for over the counter products
 - Royal Memories Photo Booth offer 20% off at MPCA function and 10% at any other location.
 - Clover Paint is now offering wholesale pricing

GET INVOLVED!

Marlborough Park Community Association Membership Application

Name _____
 Address _____
 Postal Code _____ Telephone (Day) _____
 E-mail Address _____

Membership fees: **\$20 per family yearly** AND **\$10 per senior 60 years plus lifetime**

Memberships expire August 31, 2017

Make cheques payable to: **Marlborough Park Community Association**

Mail completed application to:

Marlborough Park Community Association
 www.marlpark.ca
6021 Madigan Drive NE
Calgary, AB, T2A 5G9

Good Reasons To Join Your Local Community Association

Programs And Services For All Ages – Preschoolers To Seniors

Your community association offer programs directly or provide support to other organizations offering programs such as Girl Guides and Scouts. Community associations also partner with the City of Calgary to offer such programs as Park n Play and Youth programs. Community associations may also provide support services to residents in need as now shoveling for seniors.

Sports

Your Community Association offers organized sport opportunity for children, also for adults of all ages.

Community Safety

Block Watch, and bicycle safety programs are examples of how community associations ensure safety in the neighborhood.

Special Events

Many events are provided throughout the year which provides families an opportunity to meet others in the community and have some fun. Events include stampede breakfasts, craft fairs, community cleanup, book fairs, Easter egg hunt, Halloween party, jelly bean dances for the kids, and many others.

Awareness And Responsive To Planning And Development Issues

The community association makes every effort to keep track of development and planning proposals in the areas such as transportation, roads, park and playground development and traffic issues. The City of Calgary consults with the community association on these issues.

Community Newsletter

The community association communicates to the residents the activities, programs and services that are happening in the community through a regular newsletter.

Facility Operations And Rentals

Many community associations operate a facility that is available for programs, meetings, social and private functions. Outdoor ice rinks and tennis facilities are also maintained for the benefit of the community residents.

Membership Has Its Privileges

Membership does have its benefits such as; Toole Peet Insurance will provide special group rates for all community association members, percentage discounts at Dairy Queen, Optics Plus, Village square Leisure Centre, and Mark's Work Warehouse.



Have a book you would like to recommend? The more books you recommend, the more personalized this list becomes. Email us at news@great-news.ca

BEST BOOKS OF 2016

(compiled by Goodreads)

Fiction

Truly Madly Guilty, Liane Moriarty
End of Watch, Steven King
The Underground Railroad, Colson Whitehead
Harry Potter and the Cursed Child, J.K. Rowling
It Ends with Us, Colleen Hoover
Morning Star, Pierce Brown
The Fireman, Joe Hill

Nonfiction

Hamilton: The Revolution, Lin-Manuel Miranda, Jeremy McCarter
When Breath Becomes Air, Paul Kalanithi
Leonard: My Fifty-Year Friendship with a Remarkable Man, William Shatner, David Fisher
Are We Smart Enough to Know How Smart Animals Are, Frans De Waal
Cravings, Chrissy Teigen
Adulthood is a Myth, Sarah Andersen
The Princess Saves Herself in this One, Amanda Lovelace
The Girl with the Lower Back Tattoo, Amy Schumer

Young Adult Fiction

Salt to the Sea, Ruta Sepetys
Court of Mist and Fury, Sarah J. Maas

Middle Grade and Children's

The Trials of Apolla, Rick Riordan
The Thank You Book, Mo Willems

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

FLAMINGO MUSIC: accepting students for Piano, Guitar, Violin, Bass, Drums, Voice, RCM, and Band. Ages 4 to adult. Open 7 days per week. Special needs welcome. Band nights, field trips, and performance opportunities. Starts at \$70-75 per month. Phone 587-470-7988 or e-mail info@flamingomusic.ca.



Marlborough Park Real Estate Update

Last 12 Months Marlborough Park MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| January 2017 | \$384,900 | \$370,000 |
| December 2016 | \$0 | \$0 |
| November 2016 | \$349,900 | \$335,000 |
| October 2016 | \$375,700 | \$364,450 |
| September 2016 | \$379,450 | \$371,500 |
| August 2016 | \$384,800 | \$370,000 |
| July 2016 | \$396,400 | \$385,000 |
| June 2016 | \$327,950 | \$339,000 |
| May 2016 | \$358,975 | \$345,500 |
| April 2016 | \$339,900 | \$333,200 |
| March 2016 | \$330,000 | \$320,000 |
| February 2016 | \$388,000 | \$373,500 |

Last 12 Months Marlborough Park MLS Real Estate Number of Listings Update

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| January 2017 | 5 | 3 |
| December 2016 | 3 | 0 |
| November 2016 | 5 | 4 |
| October 2016 | 5 | 6 |
| September 2016 | 3 | 2 |
| August 2016 | 7 | 7 |
| July 2016 | 10 | 2 |
| June 2016 | 6 | 6 |
| May 2016 | 5 | 1 |
| April 2016 | 1 | 6 |
| March 2016 | 4 | 3 |
| February 2016 | 5 | 3 |

To view more detailed information that comprise the above MLS averages please visit marlpark.great-news.ca

Helping Your Child, but Letting Them Lead

It can take some time for many young children to get into the routine of using a toilet.

By Doug N Horner, Alberta Health Services



Making the switcheroo from diapers to the toilet is a big, albeit sometimes messy, milestone for children and parents alike. For toddlers, learning to use a toilet is about being ready, controlling muscles and getting acquainted with an enormous porcelain artifact that makes loud and unpredictable gurgling noises. The toilet can appear to children as a powerful, portal-like device—many fear getting flushed into oblivion.

As toddlers are learning to exercise control, parents wrestle with a lack of control. Petra Debow, a parent educator with the Family Centre in Lethbridge, suggests that patience sets the foundation for a potty-positive experience.

“Most children learn to use the toilet between the ages of two and three,” says Debow, adding that every child learns at their own pace. Wait for your child to be curious about the toilet and to be aware they’re peeing or pooping.

Catherine Young—a nurse and mother expecting her third child in February—says her first two children’s education in toileting began only “when they had an interest in it and they seemed ready.” Toddlers will also express discomfort at having a soiled diaper. In many respects, the bathroom becomes a realm where the child takes the lead.

Attentiveness is crucial for parents. Watch for clues that your child needs to go, such as stopping what they are do-

ing, fidgeting or saying: “Oh, oh.” But parents also need to feel prepared. Debow recommends setting aside time. If you have relatives visiting, a big deadline at work or are in the middle of a kitchen renovation, you may want to wait. There’s no need to rush.

“Prepare yourself mentally and put all the other things aside for a couple of weeks until it’s dealt with,” Debow says.

Plan to help your child with this developmental leap when you can be enthusiastic and supportive about the trek from diaper to toilet.

Young says she also borrowed several books from her local library—she recommends *Once Upon a Potty* by Alona Frankel in particular—after her kids showed interest in the toilet. She and her husband also made the bathroom more familiar and less intimidating.

It can take some time for many young children to get into the routine of using a toilet, explains Debow. And staying dry at night often takes longer.

If you and your child try toileting for two weeks and make little progress or your child is resisting, Debow suggests a break. “You don’t want to push it so it turns into a negative thing.”

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“If one cannot enjoy reading a book over and over again, there is no use in reading it at all.”

- Oscar Wilde

Winter/Spring 2017 New Friends & Neighbourhood Groups
Calgary Immigrant Women's Association



CIWA
Calgary Immigrant Women's Association

- Practice English and make new friends
- Sessions run from September to December and January to June
- Join anytime
- Free childcare (6 months - 6 years)

Contact:
Debra Colley at (403-444-1752) or debrac@ciwa-online.com

Thornhill Group (Judith Umbach Library)

6617 Centre Street N (Judith Umbach Library)
Mondays 10AM - Noon (Jan 9 - June 19)

Shawnessy Library Group

333 Shawville Blvd S.E (Program Room)
Mondays 1-3 PM (Jan 9 - June 19)

Manchester Group

5717 2nd Street SW (2nd Floor Program Room)
Tuesdays 10AM - Noon (Jan 10 - June 20)

Varsity Group

4612 Varsity Drive N.W (Varsity Acres Church Cafe)
Tuesdays 10AM - Noon (Jan 10 - June 20)

Beddington Group

16 Bermuda Drive N.W (Agape Language Centre)
Tuesdays 1-3PM (Jan 10 - June 20)

Fish Creek Library Group

11161 Bonaventure Drive S.E (Program Room)
Tuesdays 1-3 PM (Jan 10 - June 20)

Westbrook Group (Nicholls Family Library)

1421 33 Street SW (Program Room)
Tuesdays 1-3 PM (Jan 10 - June 20)

Bowness Group

4712 21st Avenue N.W (New Life Church Basement)
Wednesdays 10AM - Noon (Jan 11 - June 21)

Edgemont Group

224 Edgemoor Lane N.W
Wednesdays 10AM - Noon (Jan 11 - June 21)

Marda Loop Group

3818 14A Street S.W (River Park Church - Room 110)
Wednesdays 10AM - Noon (Jan 11 - June 21)

Saddletowne Library Group

7556 Falconridge Blvd N.E (Program Room)
Wednesdays 1-3PM (Jan 11 - June 21)

CIWA Evening Group - Ongoing all year round
Free Childcare (19 months - 6 years)
138 - 4th Avenue S.E (Room 232)
Wednesdays 5-7 PM

Ranchlands Group

7750 Ranchview Dr NW, Unit #23 (NW Islamic Centre)
Thursdays 10AM - Noon (Jan 12 - June 22)

Village Square Library Group

2623 56th Street N.E (Library Program Room)
Thursdays 10AM - Noon (Jan 12 - June 22)

Forest Lawn Library Group

4807 8th Avenue S.E (Program Room)
Thursdays 1-3 PM (Jan 12 - June 22)

Chinatown Group

114 - 3rd Avenue S.E (Room 208)
Fridays 1-3 PM (Jan 13 - June 23)

Calgary Immigrant Women's Association
#200, 138 - 4th Ave SE | (403) 263-4414 | www.ciwa-online.com

Community Arts & Activities Centre

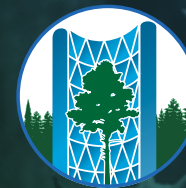
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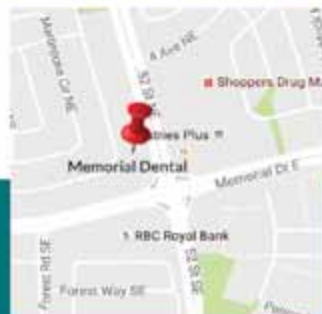
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